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The Healing Power Hour

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March 27th 2013: The Importance of Iodine

Iodine is a trace mineral used by many different tissues in the body. Most people are aware that your thyroid needs iodine to function properly, but it's not just the thyroid that uses iodine. Many other tissues in the body require iodine for proper functioning, including the ovaries, the breast tissue, the prostate and the brain. Join me as I interview Dr. David Brownstein, holistic medical doctor and author of the book, Iodine: Why You Need It, Why You Can't Live Without It. He will talk about why most people are deficient in iodine in our country today, and why it is so vital to the bod

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Featured Guest



David Brownstein, M.D.

David Brownstein, M.D. is a Board-Certified family physician who utilizes the best of conventional and alternative therapies. He is the Medical Director for the Center for Holistic Medicine in West Bloomfield, MI. A graduate of the University of Michigan and Wayne State University School of Medicine. Dr. Brownstein is a member of the American Academy of Family Physicians and the American College for the Advancement in Medicine. Dr. Brownstein has lectured internationally about his success using natural items. Dr. Brownstein has authored 11 books including Iodine: Why You Need It; Why You Can't Live Without It, Overcoming Thyroid Disorders 2nd Edition, Salt Your Way to Health, and The Soy

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